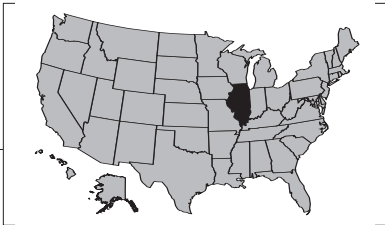


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## Illinois

*All statistics are based on parental reports.*

	National %	State %
<b>Percent of children who are overweight</b>	<b>14.8</b>	<b>15.8</b>
Age 10-11	21.9	18.5
Age 12-14	14.4	18.5
Age 15-17	10.7	11.2
0-99% Federal poverty level	22.4	26.5
100-199% Federal poverty level	19.0	19.4
200-399% Federal poverty level	13.7	13.8
400% Federal poverty level or more	9.1	9.7
Male	18.1	17.2
Female	11.5	14.4
<b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b>	<b>71.3</b>	<b>71.1</b>
Age 10-11	78.2	73.0
Age 12-14	74.2	73.9
Age 15-17	63.3	66.9
Male	76.8	75.3
Female	65.6	67.1
<b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>	<b>58.6</b>	<b>63.4</b>
Age 10-11	61.5	68.9
Age 12-14	61.6	66.5
Age 15-17	53.4	56.4
Male	62.1	67.7
Female	55.0	59.3
<b>Percent of children with at least one parent who exercises regularly</b>	<b>72.9</b>	<b>73.2</b>